

Page 1 – Cover

Hadiyat al Atfal – Ali ka Safar

Udaasi se Sukoon tak

Ek 7 saal ke bache ki kahani jo Nabi ki Hadeesein aur Qurani Duaon se apne dil ka sukoon dhundh leta hai

📖 Hadees | 🙏 Dua | ? Quiz

Free E-Book – Share for Sawaab

Page 2 – Story start

Ali 7 saal ka tha. Woh roz school se aata, apne kamre mein ja kar baith jaata. Na khelne ka dil karta, na kisi se baat karne ka.

Uski Ammi ne poocha:

"Beta, kya hua? Aaj bhi udaas ho?"

Ali ne aankhein jhuka kar kaha:

"Ammi, mujhe kuch samajh nahi aata. Mera dil udaas rehta hai. Mera maksad kya hai? Main kyun zinda hoon?"

Ammi ko samajh nahi aati thi. Ali bohat sochta – lekin jawab nahi milta. Roz ka yahi haal tha.

📌 Teaser: Kya Ali ko kabhi jawab milega? Aage padho...

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Ek raat Ali apne takiye mein ro raha tha. Walid ne suna aur andar aaye. Unhon ne pyaar se Ali ke kandhe par haath rakha.

Walid: "Beta, kya baat hai? Mujhe batao – main hoon na."

Ali ne saari baat bata di. Woh rota raha:

"Abbu, mujhe sukoon nahi milta. Koi cheez mujhe khush nahi rakhti. Dil mein khaali khaali si feeling rehti hai."

Walid ne use apne seene se lagaya. Phir kaha:

"Beta, tera jawab sirf un mein hai – jo Allah ke aakhri Rasool hain. Main tujhe ek khaas kitaab deta hoon. Use roz padhna. InshaAllah tujhe sab kuch mil jayega."

 Teaser: Woh kya kitaab hogi? Agle page mein janein...

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Agle din subah – Walid ne Ali ko ek khoobsurat kitaab di. Uski jild pe sunehri harfon mein likha tha:

"Hadiyat al Atfal"

Walid: "Is kitaab mein Nabi (ﷺ) ki hadeesain hain aur Duain hain. Roz ek hadees aur ek dua padhna. Dekhna – tera dil kaise badalna shuru ho jayega!"

Ali ne kitaab li. Uske chehere par pehli baar bohat dino baad ek halki si muskurahat aayi. Usne khushi se kitaab kholi.

Ab is kitaab se hadeesain aur duain shuru hoti hain! Har page par ek naya sabaq – ek naya sukoon.

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Ali ne pehla page kholla. Uspe likha tha:

Hadees 1:

"Momin ki misaal ek narm taaze paudhe ki tarah hai – hawa jo bhi us par laaye, use jhuka deti hai, phir woh seedha ho jaata hai. Aur faajir (bura aadmi) saroo ke darakht ki tarah hai – jo sirf toot kar girta hai."

 Sahih Bukhari: 5644 | Sahih Muslim: 2809

Ali ne socha: "Matlab... agar main momin hoon toh mushkilon mein bhi nahi tootunga?"

Dua #1 – Zaroorat ke waqt

Arabic: رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

Roman Urdu: Rabbi inni lima anzalta ilayya min khayrin faqeer

Tarjuma: "Aye mere Rabb! Jo bhi bhalaai Tu mujhe de, main uska mohtaaj hoon."

📖 Surah Al-Qasas, Ayat 24

Kab padhni hai? Jab kisi cheez ki zaroorat ho – risq, kaam, ilm, ya sukoon.

Ali ne ye dua padhi – thoda sukoon mila.

📌 Teaser: Kya ye sukoon baqi rahega? Aage padho...

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Agle din Ali ne doosra page kholla.

Hadees 2:

"Musalman woh hai jis ki zaban aur haath se doosre Musalman mehfooz rahein."

📖 Sahih Bukhari | Sahih Muslim

Ali ne socha: "Matlab main apni zaban se kisi ko takleef nahi dunga – na gali, na jhooth, na chughli!"

Dua #2 – Gham aur udaasi ke liye

Arabic: اَللّٰهُمَّ اِنِّيْ اَعُوْذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ

Roman Urdu: Allahumma inni a'udhu bika minal hammi wal hazan

Tarjuma: "Aye Allah! Main har gham aur udaasi se teri panah maangta hoon."

📖 Sahih Bukhari: 6342

Kab padhni hai? Subah-shaam, aur jab dil ghamgeen ho.

Ali ne ye dua 3 baar padhi – jaise bojh halka hua.

? Quiz – Sawaal 1: Pehli hadees mein Momin ki misaal?

(A) Saroo ke darakht se (B) Narm paudhe se (C) Pahaad se
(Jawab end page mein)

📌 Teaser: Ali dua padh kar so gaya. Subah kya hoga?

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Ali har roz kitaab padhta. Ek din Ammi ne dekha – Ali dua kar raha hai aur ro raha hai. Lekin ye rona gham ka nahi – Allah ke qareeb hone ka aansu tha.

Hadees 3:

"Jo shakhs subah aur shaam yeh 7 baar kahe – to Allah uski duniya aur aakhirat ki pareshani door kar deta hai."

 Abu Dawud: 5081

Dua (Hasbiyallahu):

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

Roman Urdu: HasbiyAllahu la ilaha illa huwa, alayhi tawakkaltu wa huwa Rabbul arshil azeem.

Dua #3 – Zindagi ka maksad

Arabic: رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Roman Urdu: Rabbana aatina fid dunya hasanatan wa fil aakhirati hasanatan wa qina azaaban naar

Tarjuma: "Aye Rabb! Humein duniya aur aakhirat mein bhalaai de, aur dozakh se bacha."

 Surah Baqarah, Ayat 201

Kab padhein? Har namaz ke baad.

Ali ko samajh aa gaya – uska maksad duniya aur aakhirat dono ki bhalaai hai.

 Quiz – Sawaal 2: HasbiyAllahu padhne se kya hota hai?

(A) Ameer ban jaate hain (B) Pareshani door hoti hai (C) Lambi umar

Page 8 – Turning point

Ek din school mein ek ladke ne Ali ko tang kiya. Ali ko gussa aaya – lekin hadees yaad aayi:

Hadees 4: *"Gussa mat karo."* (Sahih Bukhari)

Ali ne zaban rok li. Raat ko Dua #2 padhi aur chain se so gaya.

Subah muskura raha tha – ab udaas nahi.

? Quiz – Sawaal 3: Dua #3 kis liye? (A) Sirf duniya (B) Sirf aakhirat (C) Dono
? Quiz – Sawaal 4: "Gussa mat karo" kisne farmaya? (A) Buzurg (B) Nabi (ﷺ) (C) Farishta

Page 9 – Maksad mil gaya

Ali ne Walid se kaha:

"Abbu, ab main samajh gaya! Mera maksad – Allah ke bandon ki madad karna, achha insaan banna, aur Allah se dua karna hai."

Walid ne gale lagaya: "MashaAllah! Tune pa liya."

Story ka end: Ali ab khush hai. Jab bhi udaas hota – hadees aur dua padhta hai. Allah sukoon deta hai.

Tum bhi kar sakte ho! Roz ek hadees – roz ek dua.

Page 10 – Activity Page



Apni favourite dua likho:



Ek hadees likho jo yaad hai:



Ali ke safar se kya seekha?



(Yahan ek smiling face banao)

Page 11 – End Page: Quiz Answers + Tafseel

✔ Quiz ke jawab:

1. (B) Narm paudhe se
2. (B) Pareshani door hoti hai
3. (C) Duniya aur aakhirat dono
4. (B) Nabi (ﷺ) ne

📖 Hadeeson ki tafseel:

- Paudha: Mushkilon mein jhuko lekin tooto nahi.
- Zaban aur haath: Doosron ko takleef na do.
- HasbiyAllahu: Allah kaafi hai – 7 baar subah shaam.
- Gussa mat karo: Khamoshi aur dua.

🙏 Duon ki tafseel:

Dua 1 – Zaroorat ke waqt

Dua 2 – Gham door karne wali

Dua 3 – Duniya aur aakhirat ki bhalai

Dua 4 – HasbiyAllahu (pareshani door)

Page 12 – Sharing Guide

Hum aise kiya share karte hain:

- ✔ WhatsApp status par PDF link
- ✔ Facebook Islamic groups
- ✔ Google Drive link (Anyone can view)
- ✔ Masjid/Madrasa mein printout
- ✔ QR code bana kar share karein

⚠ Yeh book sirf free share karne ke liye hai. Bechna mana hai.

🙏 Dua: Allah is kitaab ko har udaas bache tak pahunchaye. Ameen.

Alhamdulillah rabbi alameen